

Sports pg 10

**Rainmen
on shaky
ground
in PBL?**



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N.S. finance minister dead at 52

ILLNESS Finance Minister Michael Baker passed away yesterday evening after a years-long bout with cancer.

Baker was diagnosed with skin cancer in 2006. He died at his home in Lunenburg around his family.

Baker was originally elected to the Nova Scotia legislature in 1998 and was re-elected in 1999, 2003 and 2006.

He served as finance minister despite his ongoing illness until Chris d'Entremont took over as acting minister earlier this month. **METRO HALIFAX**



Michael Baker



University students board a bus at the Dalhousie campus yesterday. The Halifax Student Alliance wants HRM council to extend transit hours to around 3 a.m. The issue is on council's agenda tonight.

A cheap, late ride?

Council to consider extending transit night service

JENNIFER TAPLIN
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Students hoping for a cheap ride home at 3 a.m. are getting a little closer.

The Halifax Student Alliance (HSA) is pushing city council to consider extending Metro Transit's hours in a pilot project. Right now buses end their routes between midnight and 1 a.m., but Mark Coffin, chair of HSA, wants to see service extended to 3 to 3:30 a.m.

The issue has landed on council's agenda for tonight.

"We think this would be a big step for the city to take if they want to make community safety a priority," Coffin said.

A survey HSA conducted

"You have taxpayers saying 'I'm not spending my tax dollars to bring students home that don't have \$6 in their pockets for a cab.' But I'm also hearing from parents with a safety issue for the kids."

Northwest Arm-South End Coun. Sue Uteck

in 2007 showed 45 per cent of students polled were victims of crime and 12 per cent said they were sexually assaulted downtown.

But driver safety and cost are just a few of the issues associated with this idea, said Northwest Arm-South End Coun. Sue Uteck.

"You have taxpayers saying 'I'm not spending my tax dollars to bring students home that don't have \$6 in their pockets

for a cab.' But I'm also hearing from parents with a safety issue for the kids," she said.

"There are a whole host of issues but definitely I'll be asking for a staff report."

Council won't know until a report is completed just how much extending the hours would cost.

"It's an idea, but I haven't seen a survey on how many students would actually use the service," Uteck said.

"Then you have to look at security for the bus drivers — what happens when you have 20 or 30 intoxicated people."

Not all students riding the bus in the wee hours would be drunk and coming home from the bar, Coffin pointed out. Many students in the health professions work late-night shifts as do other students who work downtown.

"If we need to have security guards on buses running past regular service hours, then that's what we need to do."

And the only way to prove its use is to get it going as a test for the next school year, he added.

ShareYourViews

halifaxletters@metronews.ca

New military support centre for Halifax

JENNIFER TAPLIN
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Eight new support centres for injured soldiers and their families will open across the country — including one in Halifax.

Nova Scotia MP and Defence Minister Peter MacKay made the announcement in Halifax yesterday.

"Whether returning to military life or exploring a new civilian career, these members and their families will receive the assistance they need," MacKay said in a statement yesterday.

The support centres will provide a "one-stop service" for the care of injured personnel, veterans, their families, and the families of soldiers who were killed. It's meant to simplify the process and eliminate gaps and confusion.

"The Integrated Personnel Support Centres provide us with an opportunity to improve transition services already available on most CF bases across the country," said Greg Thompson, the minister of Veterans Affairs.

"This partnership with our colleagues at DND will provide veterans and their families with more co-ordinated, seamless service."

Other locations for these support centres are: Vancouver, Edmonton, Shilo, Toronto, Petawawa, Valcartier and Gagetown.

They're due to open in the coming months and will have openings for 117 new full-time positions.

"These members ... will receive the assistance they need."

Peter MacKay, MP

Riding the Recession

Looking for ways to save money and ride out the economic storm? Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

• Health
Inexpensive exercise options that won't make you break an economic sweat, pg 12

Josey Vogels tells you what the current economy means for online dating, pg 13

• Coming up
Auto — How to get the best car insurance deals to drive you through the recession.
Food — We give you a few budget-friendly meal ideas.



Local pg 2

**Haligonians
are satisfied**

The Spryfield Lions Club will be turning over the management of the Spryfield Lions' rink and recreation centre to the community of Spryfield starting in June. The Lions Club has been serving the community of Spryfield for over 50 years and opened the centre in 1972. **METRO HALIFAX**

Local



Turning up the ECMAs

The Canadian government is investing an additional \$390,000 in the East Coast Music Awards Association over the next two years. The additional funding is aimed at helping the ECMA organization undertake technological improvements and increase the marketing of the awards both nationally and internationally. **METRO HALIFAX**

Halifax women satisfied in love

JENNIFER TAPLIN
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Well done guys — the women of Halifax are satisfied.

In a national Ipsos Reid survey conducted by Kellogg's for their Special K Satisfaction cereal, Halifax made the top three in three categories: love life; relationships with friends and family; and with their city overall.

"I am (satisfied). I think I have a really good quality of life here," said Tara Joosse, 28.

The city is just conducive to socializing, she said, and it's small enough to provide a good backdrop for a healthy love life.

"I'm engaged and we actually met because we kept running into each other everywhere, like on Spring Garden Road, at Tribeca, here and there," Joosse said. "It's easy to meet people, I think, because there



Rachel Derrah, sitting near a window overlooking Barrington Street yesterday, has a few issues with Halifax but is generally satisfied with her life here. Halifax scored well in three categories in a recent survey aiming to determine the satisfaction level of Canadian women.

are a lot of circles of friends that overlap. People are more approachable, I think, in a city this size

than in a larger one."

In addition, there are plenty of options for women when going out for

a fun night with friends, and the city is small enough to get around easily, she said.

"I live downtown as well, so that makes it even easier."

Rachel Derrah, who studied community design, said there are a few problems, but Halifax is generally a good, socially active city to live in.

"I think it's a pretty good place to live, but a lot of change needs to happen right now — like, Barrington Street is really dead, and I want to live in a city where I can shop downtown and not go to a mall," she said.

"The social culture here is really strong, even if the economic culture isn't. I'm pretty satisfied, I guess."

Being a man, it's safe to say Mayor Peter Kelly wasn't polled for this survey, but he said he was happy to see the results.

"If this shows women are satisfied then the chances are others in their relationships — families, spouses, friends — have the same feeling," Kelly said.

Survey results

- **Overall satisfaction**
 - No. 1 Toronto
 - No. 2 Vancouver
 - No. 3 Ottawa
- **Satisfaction with health**
 - No. 1 Toronto
 - No. 2 Vancouver
 - No. 3 Ottawa
- **Satisfaction with body image**
 - No. 1 Toronto
 - No. 2 Ottawa
 - No. 3 Montreal
- **Satisfaction with love life**
 - No. 1 Toronto
 - No. 2 Edmonton
 - No. 3 Halifax
- **Satisfaction with relationships with friends and family**
 - No. 1 Vancouver
 - No. 2 Halifax
 - No. 3 Winnipeg
- **Satisfaction with the work they do**
 - No. 1 Vancouver
 - No. 2 Edmonton
 - No. 3 Calgary
- **Satisfaction with their city overall**
 - No. 1 Quebec City
 - No. 2 Halifax
 - No. 3 Vancouver

Crackdown reveals unlicensed drivers

TRAFFIC A police unit cracking down on impaired driving in Southwest Nova Scotia was surprised to find their biggest problem was people driving without a licence.

The Integrated Impaired Driving Enforcement Unit celebrated its one-year anniversary in 2008 after setting up 302 checkpoints and stopping an estimated 44,612 vehicles.

About 608 drivers were tested with screening devices. Of those, 164 were immediately suspended for 24 hours, with seven suspended for a three-month period. Police charged 119 drivers with impaired driving and more than 200 vehicles were towed for at least 24 hours.

But officers were surprised to find that the majority of offences involved

people driving without a licence. There were 282 drivers who either did not have a licence or whose licence was suspended.

There were also 20 drivers tested for drugs but only three were charged.

The unit consists of four RCMP officers and one member each from the Bridgewater and Kentville police forces.

PAUL MCLEOD/METRO HALIFAX

Free trade deal could sink Canadian shipbuilders: MP

PAUL MCLEOD
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A new free trade agreement with Europe could be a death knell for the local shipbuilding industry, says federal NDP fisheries critic Peter Stoffer.

But at a press conference yesterday, Stoffer didn't lobby the government, which favours the agreement. Instead he called on the Liberals to support his party's amendment to exclude shipbuilding from the agreement.

"All that work should be done here. Basically what we're asking is Canadian taxpayer dollars hire Canadian workers working in Canadian companies in Canadian shipyards," Stoffer said in a later interview.

"Our fear is if we don't have this protection for our industry eventually our yards may not have the capacity to build those vessels and we may lose a few more yards."

Under the Canada-European Free Trade Associa-



MP Peter Stoffer, seen here in this file photo from last year, wants ship-building to be exempt from a free-trade agreement with Europe.

tion's agreement the current tariff of 25 per cent on foreign-built ships would be phased out over 15 years.

Stoffer said that will open up the doors for other countries to compete against Canadian shipbuilders for local business.

Stoffer said some of those countries, such as Norway, have an unfair ad-

vantage from receiving years of government subsidies.

He cited the United States as an example for insisting on keeping its shipbuilding industry out of all the free trade agreements it signs.

But Liberal trade critic Scott Brison dismissed Stoffer's press conference as merely a political stunt. Brison said trade details are worked out by government staff, not members of Parliament.

"It's just posturing because governments negotiate trade agreements. Parliaments are consulted but Parliaments do not amend them," he said.

Brison said Liberals have their own plan for shipbuilding that would ramp up production. It involves increased funding and accelerating procurement of government contracts.

He said he has no problem with removing the tariff as long as it's done hand in hand with their plan to put Canadian shipbuilders on an equal footing.

metronews.ca
What's online today.

Read Guidy Mamann's blog on why insulting a minister is not the 'Canadian' way at metronews.ca

Read Hollywood Rants on why The Wrestler has drawn Iranian ire at metronews.ca

Watch Military officials suspect Taliban behind deadly blast that sparked anti-Canadian outrage at metronews.ca/canada



ShareYourViews

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Province's beaches need protection, report says

ECOLOGY Nova Scotia's beaches are in trouble and decision-makers must protect them, according to the Ecology Action Centre.

On Thursday the EAC will unveil a report entitled On the Front Lines: Strategies for Healthy Beaches in Nova Scotia.

It includes seven goals for the province and steps to help meet them, including updating the Beaches Act, hiring more specialists at the Department of Natural Resources, and creating a beach research and advisory network.

"Communities across the province are sounding

Report launch

- A launch will be held at the Scotiabank Theatre at Saint Mary's University on Thursday at 7:30 p.m.
- Author Silver Donald Cameron will speak.

the alarm about a variety of beach threats including accelerated erosion, unchecked coastal development, habitat degradation, climate change and the loss of public access," said Ecology Action Centre coastal researcher Sadie Beaton in a release.

PAUL MCLEOD/METRO HALIFAX

Hunters Helping the Hungry

Nova Scotia hunters contributed more than 735 kilograms of deer and moose meat for the province's food banks during the fall of 2008 as part of the Hunters Helping the Hungry program. Feed Nova Scotia distributed the meat to many community food banks, shelters and soup kitchens. **METRO HALIFAX**

Fresh face for Amherst downtown?

COUNCIL A pedestrian mall in the heart of downtown Amherst is just one of the possibilities being raised as part of downtown revitalization.

While such a proposal is still early in the planning stages, a discussion paper on downtown revitalization is suggesting closing Victoria Street to vehicle traffic between Church and Have-lock streets to increase pedestrian traffic.

"We want to look at the concept of a pedestrian mall. It could be on Victoria Street or it could be one of the one-way streets. We want to see if there's an appropriate use for it," planner Jason MacDonald said while presenting a discussion paper on downtown revitalization to town council.

Identified as one of town council's key priorities, downtown revitalization would be led by the town in co-operation with the Downtown Amherst Revitalization Society and assistance from the Cumberland Regional Economic Development Association.

The discussion paper calls for the hiring of a consultant whose job will be to bring all the groups together and engage the public in the process.

The draft terms of reference, to be finalized for the March council meeting, will have the consultant and committee look at issues such as traffic circulation in the downtown core (vehicular and pedestrian), as well as parking lots.

The study will look at building design and determine if there needs to be regulations or guidelines on what buildings in the area should look like as well what signage can be permitted.

It will also look at opportunities to increase traffic in the area by increasing residential development in and near the downtown, and it will also look at the design of public spaces, including considering redeveloping Victoria Square, improving the mural park, increased seating and an improved pedestrian environment.

AMHERST DAILY NEWS



Mel Boutilier, left, executive director of the Parker Street Food and Furniture Bank, and Thomas Gouthro, director of development and communications, put together a package yesterday.

Hard times at food and furniture bank

JON TATTRIE
for Metro Halifax



Call for funds

- Parker Street is putting a call out for cash donations to top up their emergency fund so that people in dire straits can get help immediately.

The economic crisis is doubly bad news for organizations like the Parker Street Food and Furniture Bank. Laid-off workers are coming through the door for emergency help at the same time as donations slack off due to the recession.

Executive director Mel Boutilier said they have had a spike in people coming home from Alberta broke and needing their help with food, furniture and other emergency items. Just last week a woman came into his office after her 47-year-old husband died suddenly. They had no insurance and she and her son, 10, had no

way to cover their rent.

"These are the kind of cases we get in here every day," Boutilier said.

"Because of the colder weather, the challenges of keeping the oil tank full and food on the table (can be too much)," added Thomas Gouthro, who was recently put in charge of fundraising and communications for the north-end Halifax organization. "We have this emergency fund, but it's hard to keep a posi-

tive balance on it."

"Donations aren't as plentiful as they used to be," said Boutilier. "We have to work harder to meet demand."

People who can't give financially can help themselves and Parker Street by buying furniture, clothing and household items at the organization's two shops: 6110 Almon St. in Halifax or 95 Caledonia Rd. in Dartmouth.

The food and furniture bank is looking for one more item: a new Mel Boutilier. The 81-year-old has worked full-time at Parker Street for 26 years and jokes he's still waiting for his first paycheque.

"I will keep going as long as I'm able and until we find somebody (to replace me)," Boutilier said.

Cape Breton could be hydroelectric site

Nova Scotia Power is in talks with Newfoundland and Labrador's Nalcor Energy about the possibility of bringing hydroelectric power from The Rock to Cape Breton.

Nalcor, which has proposed two new generating stations on the Churchill River and has filed an environmental impact statement on its plans to transmit the power from the Lower Churchill dams in central Labrador to Newfoundland, hopes to export some of the power to Nova Scotia and other markets. In order to do that, it is considering an undersea cable that could land in Cape Breton at Langan, where Nova Scotia Power already has a coal-fired generating station.

A federal-provincial panel is expected to decide on the Newfoundland environmental assessment next year.

Spokeswoman Margaret Murphy said Nova Scotia Power is currently negotiating with the Newfoundland energy company about the possibility of distributing hydroelectric power in Nova Scotia. She said talks include price, infrastructure needs and the Cape Breton landing

Power supply

- Spokesperson Margaret Murphy said NSP has 33 hydroelectric stations in the province, but that source of energy is "largely tapped out" here and the company is looking to increase power supply while reducing greenhouse gas emissions.

site of a subsea cable from Newfoundland.

Murphy confirmed that the Langan power plant is one possible landing site, but she said others are also under discussion.

"I'll be honest with you, we're probably not going to get into the details of negotiations, because we are in negotiations," she said. "But we are certainly interested in the carbon-free energy."

Buying hydroelectricity from Newfoundland is one source of green energy that adds to the mix of alternatives to fossil-fuel power being developed by NSP, said Murphy.

"It would not be a total solution, but a partial solution to go toward our targets for emission reductions."

CAPE BRETON POST

X-Men trio face assault charges

INCIDENT Three basketball players from St. Francis Xavier University have been charged with assault causing bodily harm.

Tyler Richards, 22, and Eamon Morrissey, 19, both of Halifax, were charged along with William Donkoh, 19, of Nepean, Ont.

The charges stem from a Feb. 21 incident when a student was assaulted. They will

appear in court on May 4.

Richards, a fifth-year guard, is a three-time first-team Atlantic University Sport all-star who finished second in conference scoring this season with a 19.6 points-per-game average.

The X-Men are the No. 1 seed entering the AUS championship, which starts Friday at the Metro Centre.

METRO HALIFAX



Canada



Canadians among YouTube winners

YouTube announced yesterday the winners of the world's first online collaborative orchestra, the YouTube Symphony Orchestra, including five Canadians. The musicians will travel from around the world to New York City to participate in a collaborative summit for classical music on April 12 to 15, concluding with a concert at Carnegie Hall.

METRO NEWS SERVICES

JTF2 joins 2010 security

OLYMPICS Troops from the Canadian army's elite Joint Task Force 2 counter-terrorist unit will be assigned to help provide security at the 2010 Winter Olympic Games in Vancouver, a senior military official said yesterday.

The military does not usually comment on the deployment of the JTF2, which is part of its so-called Special Operations Forces.

REUTERS

News in brief

REPORT The report of Newfoundland and Labrador's breast cancer inquiry will be released today, a day later than originally planned due to an electronic error. The report examines how almost 400 breast cancer patients received the wrong results of important lab tests.

CBC NEWS ONLINE

Resolute Bay Brits measure melting



MARTIN HARTLEY/REUTERS

Left to right, British scientists Pen Hadow, Martin Hartley and Ann Daniels pose before starting their Catlin Arctic Survey polar expedition at Resolute Bay in this February photo. The expedition started on Saturday, to gauge exactly how fast Arctic ice sheets are melting.

Veiling issue 'hijacked' sexual assault trial: Lawyers

COURTS The issue of whether a Muslim woman can wear her niqab while testifying has "hijacked" a Toronto sexual assault trial

of the two defendants, argue lawyers involved in the criminal proceedings. Adam Weisberg, who represents one of the ac-

cused men, threatened to try to have the charges tossed because of unreasonable delay.

TORSTAR NEWS SERVICE

Officer defends stun gun usage

A police officer who repeatedly stunned a Polish immigrant in a fatal incident at Vancouver's airport defended yesterday the multiple shocks as necessary because the man continued to struggle.

Robert Dziekanski was initially shot with the Taser stun gun after he showed "an intent to attack" the police who had responded to a call of a distraught man, Royal Canadian Mounted Police Const. Kwesi Millington told a public inquiry.

Millington said he re-members immediately firing a second jolt of 50,000 volts because Dziekanski did not fall to the ground, and fired it at least two

more times once he was down because he was still struggling with the officers.

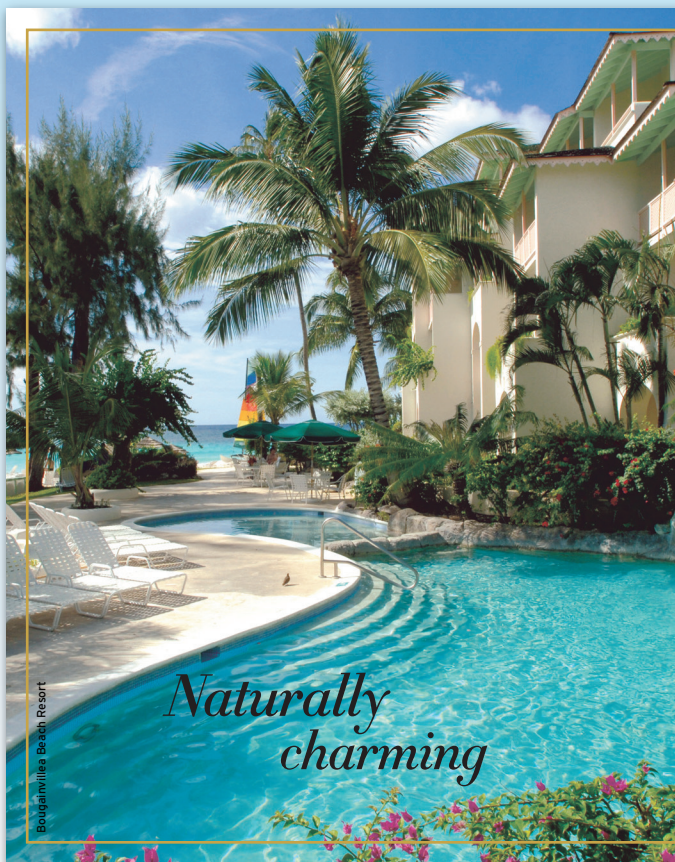
A video of the incident played during the inquiry appears to show a screaming Dziekanski falling to the ground before the second shock was fired.

Dziekanski, who was in the process of immigrating to Canada where his mother lives, died after the struggle although the exact cause of his death has never been determined.

A video of the 2007 incident received international publicity and raised controversy over the police use of the weapons that are intended to disable victims.

REUTERS

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Breastfeeding linked to reduced risk of SIDS

Women who breastfeed lower the chances that their baby might die of sudden infant death syndrome, or SIDS, according to a German study. Researchers said they believe that based on their findings, women should be encouraged to breastfeed their infants for six months to reduce SIDS risk. **REUTERS**

5

World



Dalai Lama's young successor?

The Karmapa Lama is a 23-year-old "living Buddha" and the possible successor to the Dalai Lama who may bridge the gap between Tibet's elder leaders and both an alienated Tibetan youth and a suspicious China. This year there is speculation the 73-year-old Dalai Lama could pave the way for someone else to take his place, and it is the Karmapa, mixing youth, intellect and charisma, who is most talked about. **REUTERS**

'Waterboarding' condemned as torture

U.S. attorney general Eric Holder ruled out the use of "waterboarding" as an interrogation technique for terrorism suspects yesterday, calling it a form of torture that the Obama administration could never condone.

Holder's declaration underscored President Barack Obama's break with the

former Bush administration's anti-terrorist policies, which were condemned by human-rights groups, civil liberties advocates and U.S. allies abroad.

"Waterboarding is torture ... My Justice Department will not justify it, will not rationalize it and will not condone it," Holder

"My Justice Department will not justify (waterboarding), will not rationalize it and will not condone it."

U.S. attorney general Eric Holder

er, who is heading a review of the treatment of terrorism suspects, said in a speech in Washington.

"We cannot ask other na-

tions to stand by us in the pursuit of justice if we are not viewed as being in pursuit of that ideal ourselves," he said.

One of the most widely condemned Bush administration practices was waterboarding, a form of simulated drowning, which the CIA acknowledged using on three terrorism suspects before it said it stopped in 2003.

Obama has ordered that government agencies must abide by interrogation lim-

itations in the Army Field Manual, which bans waterboarding.

But he also asked for a review of detention and interrogations practices, which some human rights critics said left open the possibility that some forms of harsh interrogations could be later approved. **REUTERS**

Afghan children not killed by Canadian shell: Military

ARMY Three Afghan children who died when a shell blew up last week had most likely been handling a Taliban bomb and not a Canadian shell as first suspected, Canada's army said yesterday.

Local villagers blamed last Monday's fatal blast on a shell left behind after Canadian troops carried

out an artillery firing practice on a range near the southern city of Kandahar. They marched through the city's streets, seeking vengeance against the Canadians for the deaths of the three boys.

The Canadian military said a thorough investigation showed the children died after they brought the

device to their village.

"The Canadian forces are not responsible for the deaths and injuries to these children, in stark contrast perhaps to the initial re-

"The Canadian forces are not responsible for the deaths and injuries to these children."

Brig-Gen. Jon Vance

ports and speculation," Brig-Gen. Jon Vance informed a news conference in Kandahar.

"The most likely cause of this explosion was an anti-personnel IED (improvised explosive device), based on all of the factors at the scene," he said. **REUTERS**

VideoOnline

Military suspects Taliban behind blast that sparked anti-Canadian outrage at metronews.ca/canada

Britain Solo sailor celebrates



British yachtswoman Dee Caffari waves flares as she passes under the Tower Bridge in her boat Aviva on the River Thames in London yesterday. Caffari is the first woman to sail solo non-stop around the world in both directions. **ANDREW PARSONS/REUTERS**

Boater rescued off Florida, 2 NFL players still missing

SEARCH The U.S. Coast Guard rescued one of four boaters yesterday missing in the Gulf of Mexico since Saturday and continued the search for two National Football League players and another man.

The rescued man was identified as Nick Schuyler, 24, of Tampa, Fla. Still missing were Corey Smith, a defensive end who played last season with the Detroit Lions, linebacker Marquis Cooper, who was with the Oakland Raiders, and William Bleakley, a former Florida college football player.

Schuyler was found

Background

- The four men left Clearwater Beach on a fishing trip on Saturday morning and had been expected to return by Saturday afternoon. The area was hit by a cold front on Saturday night that caused high seas and strong winds.

clinging to an overturned fishing boat 55 kilometres off the west coast of Florida, the Coast Guard said, adding that it was searching the area around the boat for the missing men. **REUTERS**

News in brief

ATTACK Gunmen attacked a bus taking the Sri Lankan cricket squad and its police escort to a stadium in Pakistan yesterday, according to witnesses. It was reported four people were killed, including at least three policemen. **REUTERS**

Donors want Gaza aid to bypass Hamas

MIDDLE EAST International donors pledged more than \$3 billion US yesterday to help the Palestinian economy and rebuild Gaza after Israel's three-week offensive, insisting their funds bypass the territory's Hamas rulers.

Gulf Arab states, the United States and the European Commission made significant pledges, while others including Turkey, Italy and Germany also announced contributions.

Israel says it supports efforts to help Palestinians in the strip, but wants assurances the aid money would not reach Hamas militants. **REUTERS**

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Harper's deep-blue funk

NationalReport

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metronews.ca/nationalreport

What is irking the prime minister these days? It looks like he's back in confrontation mode, one of his deep-blue funks.

How about his plan to distribute \$3 billion in stimulus funds from behind closed doors? Either accept it, he tells opposition leaders, or we'll have another election. The ultimatum came at the same time his information commissioner, Robert Marleau, released a report denouncing the government's habitual secrecy. Well, Marleau, the PM so much as said, you can get stuffed,

too, just like the opposition.

We have the news also that Harper's war-room staff are reviewing hours of tape of Liberal Leader Michael Ignatieff to find material for some cheap attack ads. In a show of civility, the PM had refrained from doing this. But now he's going back into the gutter. Attack ads never used to be used between election campaigns in Canada. Harper started the practice against Stephane Dion, and now Iggy had better beware. This prime minister will go as low as it takes.

On the foreign front, the Conservatives have sud-

denly turned cold warriors. They tried to get a great ruckus going with Moscow, announcing that Russian planes got close to Canadian air space near the time of Barack Obama's visit. The Russians do these fly-bys as a matter of routine. The story was one of the great yawners of the winter. But the PM likely figured some suckers in the media would take it seriously and portray him as a tough guy standing up for Canadian sovereignty against the evil reds.

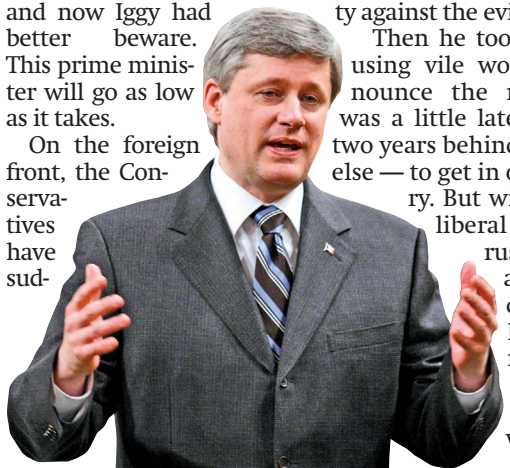
Then he took on Iran, using vile words to denounce the regime. It was a little late — about two years behind everyone else — to get in on this story. But with the big liberal winds rushing across the continent, Harper needs to shore up his right-wing base.

Russia and Iran will do, along with more deification of Israel thrown in for good measure.

Things are uppity in Ottawa. The PM's office is reportedly beside itself over reports that the Governor-General received an invitation to visit Barack Obama in Washington while the prime minister did not. Unnamed sources — we can guess from where — are saying that no, she didn't. The Governor General's office is saying that yes, she did.

Harper took a lot of hits over the winter and now clearly wants to show he is back in command. But when he gets in these kinds of zones, things can get ugly. He wasn't exactly cut out for minority governments and he's starting to run this one like he did the last. Like he won a landslide.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



Views

Volunteering a functional approach to violence

InStep

Christine
Williams

I once remarked in jest that banning knives would be the next proposal, followed by a scissors ban, a hammer ban and a ban on anything else that could potentially be used as a murder weapon. I was commenting about the political drives for gun bans. Well, Edmonton Mayor Stephen Mandel is actually thinking about a ban on the sale of large knives following a recent rash of stabbings. It's another knee-jerk reaction by a politician trying to create the illusion to their voting bloc that they are steadfast defenders of public safety.

Political posturing is part of our own creation as we rely on a government fix-all approach to our collective woes — from the economy to the social maladies plaguing our communities. And our politicians recognize that silence is never golden in the microcosm of political life, particularly when there is an urgent public outcry on any matter.

In Vancouver, there have been seven brazen shootings in February alone as B.C. continues to grapple with surging gang-related crime, causing a frenzied fear among many citizens. In response, Ottawa unveiled anti-gang legislation which guarantees an automatic first-degree murder charge for any homicide linked to organized crime.

Time will tell how effective this bill will prove to be at reducing violence. In the meantime, there is a practi-

It's time for government to implement ... investing in volunteerism to help improve our communities.

cal component that both government and citizens can work on together: Building mentorship programs, supported heavily by volunteerism.

With National Volunteer Week coming up soon, consider the facts: In Canada, approximately 12 million volunteers contribute \$112 billion in economic revenue, a bigger contribution to the country's GDP than the manufacturing sector, with its two million paid employees. In fact, volunteerism is saving jobs by keeping many social service and health agencies afloat.

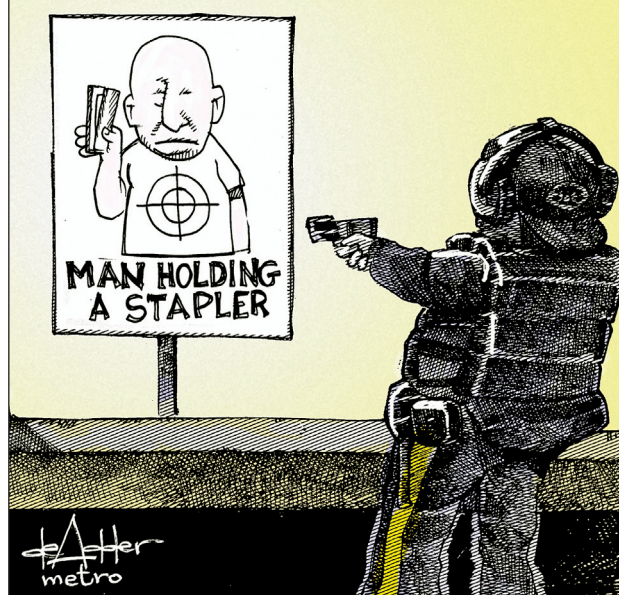
Vulnerable youth recruited into gang life have shown some remarkable turnarounds when integrat-

ed into mentorship programs in which volunteers are vital. But it costs money to recruit, train and promote volunteers. In tough economic times, crime and violence escalate, and there is extra need for funding to social services, which unfortunately get starved as governments gear stimulus packages toward the corporate sector.

It's time for government to implement a sustainable, common-sense approach to both crime and stimulating the economy by investing in volunteerism to help improve our communities.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

RCMP TASER PRACTICE:



Letters

Guns don't commit crimes, criminals do

Re: *The allure of fake guns spells trouble* (Feb. 27)

When I was a kid years and years ago, I had toy guns that looked real. As I got older, I bought real guns. Now my wife, my son and I own real guns and, guess what? We don't go around robbing people.

The fact of the matter is, some Canadians nowadays are a bunch of shrill scared-cat losers, at least

those that squeal for a ban every time a criminal commits a crime — be it with a toy gun or a shot gun.

Well how about a ban on criminals, or how about letting those of us with at least a bit of a sense of self preservation and the knowledge that we can defend ourselves do just that.

BILL MURPHY, EDMONTON

ShareYourViews

halifaxletters@metronews.ca

Worth mentioning

Dutch getting in touch with God

ART God is taking calls.

Dutch artist Johan van der Dong has set up a local telephone number in the Netherlands, where he urges people to leave messages for God on his answering machine.

Van der Dong said he set up the number to give people an opportunity to take pause and contemplate life.

"Like praying, leaving a

voicemail message is a way to organize your thoughts," he said. "It's a perfect combination for some contemplation."

Callers dialing 06-4424-4901 (or +316-4424-4901 if calling from outside the Netherlands) from

March 7 will hear the following: "Hi, you are speaking to God. I'm not in right now, so leave a message after the beep."

REUTERS

It's your turn to tell others what you think. Email your thoughts and opinions to: halifaxletters@metronews.ca


Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.


Intel, TSMC team up on developing Atom-based technology

Intel Corp and TSMC have agreed to team up to develop and make the low-cost Atom chip for use in a swathe of consumer electronics devices, expanding its use beyond netbooks, as the chip makers target new markets in a deepening recession. **REUTERS**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

DOLLAR		
	C\$	77.44¢ US
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The DAILY BUSINESS BUZZ

Cash for lobster industry:

The Atlantic Canadian lobster industry will get a marketing boost of close to half a million dollars in joint funding. Agriculture and Agri-Food Canada's Canadian Agriculture and Food International program is providing \$328,750 to the Fisheries Council of Canada to kick-start the struggling industry with a global promotional effort. Activities will include advertising, media campaigns, retail promotions, chef events, market research and consumer promotion. The focus will be on promoting Canadian lobster as a unique delicacy. The governments of Nova Scotia, New Brunswick and Prince Edward Island will contribute an additional \$126,250 to the project.

New roles at New Castle:

New Castle Hotels and Resorts Nova Scotia announced promotions and transfers today. Angela Steeves is the new GM of Keltic Lodge Resort and Spa. She was GM of Liscombe Lodge Resort and Conference Centre for the past five years. Karen Wenaus is the new GM at Liscombe Lodge Resort and Conference Centre. Dale Nichols is the new executive chef at Digby Pines Golf Resort and Spa. Rick Norman is the new GM of the Hampton Inn & Suites Dartmouth, and Kathryn Elson returns as director of sales of the Hampton Inn & Suites Dartmouth.

Group seeks land sale:

A new citizens group, Buy Back Nova Scotia, is hoping to convince the province to buy 174,000 acres of land from J. D. Irving. The group has scheduled a public meeting to rally support Sunday at 2 p.m. at the NSCC Burrige campus in Yarmouth. The total area is about twice the size of Kejimikujik National Park, which it borders, and covers one-third of Digby County.

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Real estate New settlement in West Bank



A sign advertising apartments for sale is displayed at a construction site in the West Bank Jewish settlement of Maale Adumim near Jerusalem yesterday. Israeli authorities have made plans for 73,000 new housing units in Jewish settlements in the occupied West Bank, although only a fraction of the proposals has been approved, an anti-settlement group said yesterday.

More bad news in GDP report

The Bank of Canada is poised to cut its overnight rate in half today as it attempts to pull the Canadian economy out of a downward spiral.

The rate cut comes one day after a dismal GDP report that proves the economy landed with a thud in the final three months of last year. Gross domestic product fell by 3.4 per cent, according to Statistics Canada. The decline officially marks the economy sliding into its first full-blown recession since 1991.

"It's like the opening shot."

Doug Porter, BMO Capital Markets

The severity of the drop does not reveal how much worse the economy is likely to get, or how long the slump will last. "It's like the opening shot, really," said Doug Porter, deputy chief economist at BMO Capital Markets.

Economists say the first quarter of this year is likely

to be worse.

The GDP report sent stocks in Toronto plunging to levels not seen in more than five years. The S&P/TSX composite index dropped 435.51 points to 7,687.51, its lowest point since the fall of 2003.

However, Canada was better off than other industrialized nations. The U.S. economy shrank by 6.2 per cent, Europe was down roughly six per cent and Japan was down 12.7 per cent.

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New bailout as AIG posts record loss

INSURANCE American International Group Inc. posted a record \$61.7-billion US quarterly loss yesterday and got a new, but not necessarily final, government bailout after officials concluded again that letting the insurer fail would threaten the world financial system.

AIG will get access to up to \$30 billion of new capi-

tal, after getting a commitment for \$150 billion in aid last year that gave the government a stake of nearly 80 per cent.

The latest bailout avoids, for now, any crippling credit rating downgrades that could force AIG to come up with billions of dollars it might not have.

REUTERS

Business in brief

NORTEL Ailing telecom-equipment maker Nortel Networks Corp., now operating in bankruptcy protection, said yesterday its quarterly loss more than doubled as it booked over \$2 billion US in noncash write-downs and saw its sales plunge. Nortel, North America's biggest maker of telephone equipment, said it lost \$2.14 billion, or \$4.28 a share, in the three months ended Dec 31.

BANKING HSBC launched Britain's biggest rights issue, raising £12.85 billion (\$23.17 billion) yesterday to help it overcome big losses in the United States and exploit the woes of weaker rivals. Europe's biggest bank said it would shut

most of its U.S. consumer lending business, cutting 6,100 jobs, but that it was ready for acquisitions in its traditional stronghold of Asia.

SPENDING U.S. consumer spending rebounded in January, snapping six months of declines, and incomes rose unexpectedly, boosted by salary increases for government employees, a U.S. government report showed yesterday. But the gains in January are likely to be temporary as wages and salaries continue to fall amid a deepening recession. The Commerce Department said spending rose 0.6 per cent, the largest increase since May, after falling an unrevised one per cent in December.

REUTERS

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA



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On the web

SmartCookies



Columnists:

- The Smart Cookies tackle Fraud Prevention Month to help keep your private information secure. Visit metronews.ca for this week's column.
- Allan Small's Investment Perspective column looks at interest rates and taking out a line of credit to pay off higher debt like mortgages — visit metronews.ca

Tax credit vs. deduction

Q This tax year would be my first full year of employment since graduation. My tuition and education deductions carried from past years are slightly greater than my total employment income. Technically, I should have no income after deductions. However, my accountant disagrees and says I will not get all my taxes back. Why?

— Masoud

A Don't we all love this time of year! Where's my T4s? What receipts do I need? Is this deductible?

It's important to distin-

MoneyMatters

Henry Choo Chong

choochonghcg@yahoo.ca

guish between a tax credit and tax deductions: They will not impact your taxes the same.

Income taxes payable are calculated based on taxable income. Taxable income is determined by adding all sources of income, less tax deductions. Non-refundable tax credits reduce income taxes

payable at the lowest marginal tax rate (with the exception of charitable donations) while tax deductions reduce taxable income.

Non-refundable tax credits would include such items as education and tuition amounts, medical expenses, public transit credit, employment credit, children's fitness credit, etc.

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Reach Henry Choo Chong, CGA, at choochonghcg@yahoo.ca.

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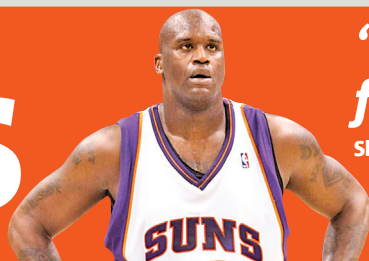
796 Main St, Dart.

Quartet of Canucks up for NCAA honour

Four Canadians — Sarah Vaillancourt, Meghan Agosta, Rebecca Johnston and Jennifer Wakefield — were among finalists named yesterday for the Patty Kazmaier Award, which goes to the top female hockey player in U.S. college hockey. **METRO NEWS SERVICES**

9

Sports



“That’s strong words coming from the RuPaul of big men”

Shaquille O’Neal to the Arizona Republic, responding to comments Chris Bosh made alleging that O’Neal benefited from referees ignoring his three-second violations in the lane during Friday’s 133-113 Phoenix victory over Toronto. Shaq scored 45 points in the game.

METRO NEWS SERVICES



EDITOR: JOHN.CHICK@METRONEWS.CA

He’s been everywhere, man

‘Suitcase’ Sillinger no stranger to NHL trade deadline day

PERRY LEFKO
for Metro Canada

New York Islanders forward Mike Sillinger has played 18 years in the National Hockey League and has more than 1,000 games to his credit, but he is known mostly for the number of times he has been traded.

Sillinger, who has missed most of this season because of his second hip operation in two seasons, has played for an NHL record 12 teams.

He has been traded nine times — an NHL record he shares with Brent Ashton — including five times at deadline day.

Along the way has been nicknamed Suitcase, some-

thing he has come to accept. “I just kind of chuckle about it,” he said in a phone interview in advance of this year’s trade deadline on Wednesday.

“It’s one of those things that I’m very proud to have played 18 years in the National Hockey League. It’s been an honour and a privilege to play as long as I have.

Pretty much call me what you want because there’s a lot of people out there that would want to be in my shoes.”

A first-round draft pick of Detroit in 1989 after a four-year junior career with the Regina Pats of the Western Hockey League, Sillinger experienced his first trade midway through the ’94-95

season when dealt to Anaheim. Since then he has played with Vancouver, Philadelphia, Tampa, Florida, Ottawa, Columbus, Phoenix, St. Louis, Nashville and the Islanders.

In some cases, he happened to be traded from a non-playoff team to a play-

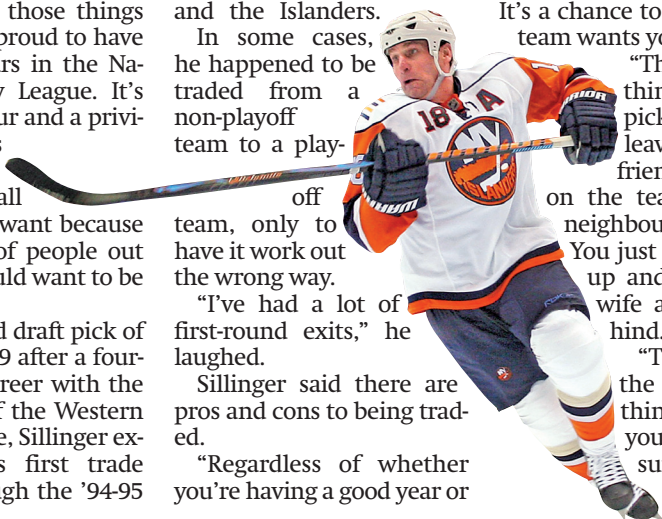
off team, only to have it work out the wrong way. “I’ve had a lot of first-round exits,” he laughed.

Sillinger said there are pros and cons to being traded. “Regardless of whether you’re having a good year or

a bad year, you have to be positive with it,” he said. “You can’t sit there and hang your head. You have to look at it as a fresh start and a chance to move forward. It’s a chance to say another team wants you.

“The worst thing is just picking up and leaving all the friends you have on the team and the neighbours you meet. You just kind of pick up and leave your wife and kids behind.

“That’s kind of the saddest thing because you’re not quite sure when you’re go-



By the numbers

9 Number of times Mike Sillinger has been traded

5 Number of times Sillinger has been traded on NHL trade deadline day

ing to see them again.

“Eventually you’ll hook up, but that all has to be planned.”

He credits his wife, Karla, for keeping the family together — they have boys aged 11, 8 and 5 — during the numerous upheavals caused by the trades.

“It’s a whirlwind,” he said. “I’m thankful for a very understanding wife. She’s the calming person in the family.”

Isles win battle of lottery teams

NHL Yann Danis needed to make just 20 saves to help the New York Islanders to a 4-2 win over the Colorado Avalanche last night on Long Island.

Jeff Tambellini had a goal and an assist while Bruno Gervais, Dean McAmmond and Jesse Joensuu each had a goal for the Islanders, who have won their last two games.

Ryan Smyth scored twice while Andrew Raycroft surrendered all four goals on 31 shots for the Avalanche, who tied their season-high with their fifth straight loss.

The Islanders scored the only goal of the first period with 6:45 left in the frame as McAmmond’s wrist from the top of the right circle squeezed between the pads of Raycroft.

Jays’ Ryan to skip WBC for U.S.

BASEBALL Toronto Blue Jays closer B.J. Ryan became the latest player to pull out of the World Baseball Classic, further depleting Team USA’s quality relievers. Ryan cited concerns about his mechanics and becomes the third relief pitcher in the last 24 hours to announce that he will miss at least the first round of the tournament. Minnesota’s Joe Nathan pulled out Sunday,

METRO NEWS SERVICES

Sports in brief

NHL The Atlanta Thrashers sent defenceman Niclas Havelid to the New Jersey Devils in exchange for defenceman Ansii Salmela and forward Myles Stoesz yesterday.

NFL The Washington Redskins have released veteran defensive end Jason Taylor after he spent just one injury-plagued season in Washington. Taylor was acquired in a trade with Miami in exchange for Washington’s second-round selection in 2009 and sixth-round pick in 2010 this past July after the ‘Skins were decimated by injuries along the defensive line in training camp.

NBA Miami Heat guard Dwyane Wade and Los Angeles Lakers forward/centre Pau Gasol were named Eastern and Western Conference Players of the Month, respectively, for February. Wade dropped at least 20 points in every game and tallied a career-high 50 at Orlando on Feb. 22. Gasol helped the Lakers post an 11-2 record in February that included back-to-back wins at Boston and Cleveland.

METRO NEWS SERVICES

On the web

• For more sports coverage, please visit us online at www.metronews.ca/sports

A flurry of trade activity coming?

NHL An interesting note from the NHL trade deadline front: Exactly 25 deals were completed in each of the last three deadline days.

That number is expected to be surpassed tomorrow when this season’s deadline arrives. Several NHL GMs have been frank and open about their trade prospects. Several so-called big names

— Bill Guerin, Derek Morris, Nik Antropov, and others — are on the trade block. There are also teams like Ottawa, in the midst of a disappointing season, who will have to purge certain players in order to help with next season’s budget.

• Deals for the Islanders’ Bill Guerin and the Coyotes’ Derek Morris have apparently been verbally com-

pleted; what remains is the ironing out of details (both players have missed the past two games waiting for those deals to be finalized).

• At least three top-shelf defencemen are available: Toronto’s Tomas Kaberle; Florida’s Jay Bouwmeester; and Anaheim’s Chris Pronger.

• Senators GM Bryan Murray has been told by de-

fenceman Filip Kuba that if a contract extension cannot be worked out, Kuba will waive his no-trade clause. Murray was also set to meet with enforcer Chris Neil and his agent on a contract extension. The two sides, though, are far apart, a development which has heightened expectation that Neil will be traded.

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The Saint Mary's Huskies visit the Moncton Aigles Bleus tonight at 7:30 p.m. for Game 3 of the best-of-five Atlantic University Sport men's hockey semifinals. The series is tied 1-1 after Moncton's 2-0 win Saturday. **METRO NEWS SERVICES**

League may banish Rainmen

'Astronomical' travel costs for teams visiting Halifax a problem, says PBL chairman

MATTHEW WUEST
matthew.wuest@me

The Halifax Rainmen may be at risk of not being invited back to the Premier Basketball League next season.

The PBL's top decision-makers told Metro Halifax yesterday that market analysis indicates the Rainmen are a detriment to the league's profit-sharing model because of travel costs.

The Rainmen are one of the PBL's top franchises in attendance, averaging crowds of almost 3,000.

"It might look nice and good up there in Halifax, but our marketing people gave us reasons why we shouldn't keep (the Rainmen)," said Severko Hrywnak, chairman of the board. "Halifax isn't around the corner. You could take two steps back and look at it as a business model ... Nobody would have Halifax in. You're too

Still waiting

- The Halifax Rainmen are still waiting for word from the Premier Basketball League on what will happen with last Friday's cancelled game against the Montreal Sasquatch.

The contest was cancelled because the venue didn't meet PBL standards, and the league sent out a press release yesterday saying it "will be working closely with Montreal to make sure all conditions necessary to host a game are met."

It went on to say rumours that the Rainmen will earn a forfeit victory from the game are "without merit."

far away. The costs are astronomical."

Hrywnak was quick to say the PBL would “like to keep them,” but “we have to come to an agreement with the Halifax ownership



Rainmen owner Andre Livingston says that he hadn't heard anything about the league forcing his team out or making it pay more for travel costs.

on how we're going to structure this formula."

Carrie May, director of league operations, said the Rainmen pay 100 per cent of their own travel and cover 20 per cent of the travel costs for teams visiting Hal-

ifax. For all other teams, the PBL covers travel costs across the board.

"If we put it to the litmus test from a business standpoint and the owners say, 'We like (Rainmen owner) Andre (Levingston), but it

really does nothing for us (financially), we'd rather have money in our pocket,' so be it," Hrywnak said.

Levingston, reached last night, said the league's comments to Metro Halifax were news to him.

"They didn't tell me that," he said.

When asked if the Rainmen would consider paying more for the travel of visiting teams, he said, "Pay more? How much more can I pay? All of it, for both teams? No, I'm not doing that."

He said the Rainmen, with big crowds and stable ownership, are "definitely an asset to the league" and are deserving of an equal piece of the pie in the profit-sharing deal.

Hrywnak said a decision will be made on whether the Rainmen will be invited back to the PBL by May 1.

League president Tom Doyle was quick to point out that the PBL's market analysts aren't the ones calling the shots, and that he and Hrywnak will ultimately make the call. He said there will be more to the decision than just one report.

"This doesn't mean they're gone," Doyle said.

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A word cloud of various tax-related terms in blue text. The terms include: Public Transit Tax Credit, Pension Income Splitting, Basic Personal Amount, Working Income Tax Benefit, Apprenticeship Incentive Grant, Tradesperson's Tools Deduction, Children's Fitness Tax Credit, and Pension Income Splitting. The words are arranged in a circular pattern. At the bottom of the image, the top of a person's head and their hands are visible, suggesting they are looking up at the word cloud.



Canada Revenue
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Canada

O-Cab close to joining A's

The Oakland Athletics are close to signing free agent shortstop Orlando Cabrera to a \$4-million US, one-year contract, pending a physical. **METRO NEWS SERVICES**

sports **11**

Ski Cross **Hardware for Canada**



Ashleigh McIvor of Canada, second from left, takes first place and gold during the FIS Freestyle World Championships Women's Ski Cross event in Japan yesterday. Fellow Canadian Davey Barr won bronze in the men's event.

LBJ gets better of Wade

NBA RESULT

Cavaliers 107, Heat 100

LeBron James out-duelled Dwyane Wade and the Heat, logging a game-high 42 points and eight rebounds for Cleveland, as the Cavaliers erased an 11-point fourth-quarter deficit to down Miami 107-100.

James went 6-of-7 from three-point land and all 10 of his free throws en route to leading the Cavs to their eighth win in nine games. Mo Williams added 30 points, seven rebounds and seven assists, while Zydrunas Ilgauskas ended with 12 points and a game-high 15 rebounds for the victors, who overcame 20 turnovers by making 11-of-17 from behind the arc.

Wade filled the stat sheet with 41 points, nine assists, seven rebounds and seven steals, but also committed eight of Miami's 21 turnovers. Jermaine O'Neal and Jamario Moon each grabbed eight caroms to go with 16 and 11 points respectively for the Heat.

METRO NEWS SERVICES



LeBron James shoots over Miami's Udonis Haslem last night. James finished with 42 points to Dwyane Wade's 41, as the Cavs beat the Heat 107-100.

SCOREBOARD

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x-Cape Breton	43	17	4	90
x-Saint John	30	27	4	64
P.E.I.	23	30	9	55
Bathurst	20	28	13	53
HALIFAX	17	38	6	40

x-clinched playoff spot

SATURDAY'S GAME

HALIFAX at Acadie-Bathurst, 7

PBL

	W	L	PCT
Manchester	13	3	.813
Vermont	9	6	.600
Halifax	9	7	.563
Montreal	3	8	.273
Quebec	3	11	.214

NHL

	W	L	OT	P
d-Boston	42	12	9	93
d-New Jersey	41	19	3	85
d-Washington	40	19	5	85
Philadelphia	33	18	10	76
Montreal	34	22	7	75
Florida	32	23	8	72
N.Y. Rangers	32	24	8	72
Pittsburgh	32	26	6	70
Buffalo	31	25	7	69
Carolina	32	27	5	69
Toronto	25	26	12	62
Ottawa	23	28	10	56
Tampa Bay	21	30	12	54
Atlanta	23	34	6	52
N.Y. Islanders	20	36	7	47

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Tweezing relief

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Get fit on the cheap

Opt for household items and inexpensive resistance tools

PATRICIA D'CUNHA
for Metro Canada



Dancing in the streets may be the frugal way to get a workout, given these tough economic times.

But luckily there are many other ways to stay in shape and maintain an active lifestyle without emptying the wallet.

"Getting active doesn't require a big investment of time or money," says Kelly Murumets, CEO and president of ParticipACTION, a non-profit organization that encourages healthy, active living among Canadians. "Simple activities, like doing errands on foot, walking your dog or taking the stairs, can make a big difference in your health."

Murumets says that walking is one of the cheapest and easiest ways to stay active, whether it is walking to work, the grocery store, the subway, or up and down the stairs. "You don't need a budget to get active — you just need to get moving," she said.

Riding the Recession

She says there are simple things people can do to stay active on a budget, such as dancing in the living room, doing yoga, playing soccer with family and friends, lifting loads of laundry, to-bogganing, shovelling snow or even cleaning the house, to name a few.

Cardio activities are not the only things needed to stay in shape — core muscles groups also need to be worked, and going to a gym is not the only way to increase strength. "You (don't) need to spend a lot of money on fancy gadgets or the latest technology to keep it interesting. There are many household items you can use to make sure you keep moving," says trainer Ivy Lim, owner of iPower Train Fitness. She suggests using a counter-top, a bench or two chairs to do triceps work, or taking two large cans from the pantry and trying

bicep curls.

There are also some simple and inexpensive things you can buy to help with working those core groups. Lim recommends tubing or exercise bands as resistant tools. "They come in different lengths and tension, so you can use them for all your major muscle groups," she says, as well as a stability ball, which can be used for abs, legs and arms.

If you despise exercising solo, there is a solution to make staying active more fun. Lim says to find a power-walking pal or a running/walking/sporting team in your neighbourhood. "There are now a lot of bootcamp programs with various price ranges — it doesn't tie you in to a year-long membership," she adds.

Murumets says that instead of meeting friends for coffee or dinner, invite the friends to walk the dog or even sign up for classes at the community centre. "It's easier to get moving with a friend or partner — and it's definitely more fun," she says.



Invest in good quality exercise footwear like Brooks' new high performance Ghost running shoe, \$140 (available for men and women). Call 1-800-668-5480 for a list of retailers near you.

The essentials

Kelly Murumets, CEO and President of ParticipACTION, recommends these inexpensive exercise tools and gear:

- **Endurance:** invest in running shoes for walks, runs and bike rides.
- **Flexibility:** yoga mat and favourite music to dance or stretch to.
- **Strengthening:** light weights, dumbbells, medicine ball and surgical tubing.

PATRICIA D'CUNHA/
FOR METRO NEWS CANADA

In and outdoor exercise tips from a personal trainer

FITNESS Trainer Ivy Lim, of iPower Train Fitness, offers these tips on how to workout at home or outdoors for less:

- Free body movement: using your own body weight

for movement and resistance.

- Pushups: using the wall or bench.
- Squats and lunges: varying stances and angles.
- Jumping jacks, running

on the spot and "air" rope skipping.

- 10 minutes of upper body work, 10 minutes of lower body work and five minutes of abs.
- Walk sideways on the

stairs to target various leg muscles. (Note: Always consult your doctor before trying any exercise activity.)

PATRICIA D'CUNHA/
FOR METRO NEWS CANADA



Trainer Ivy Lim, owner of iPower Train Fitness, demonstrates a bicep curl using a resistance band. At about \$15 for a set of three, she says these are a good, inexpensive piece of exercise equipment.

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Fund IVF, experts urge governments

FERTILITY There would be fewer twins, triplets and octuplets — like the ones making headlines in California and Calgary in recent weeks — if fertility treatments were paid for by the government, new studies show.

And in the end, it would be cheaper than the current system of requiring parents to pay for their own treatments.

"The full cost is offset every year," says health economic analyst Lindy Forte, who studied the issue for

the Infertility Awareness Association of Canada.

"Infertility is a medical problem and all couples have the right to reproduce."

Two controversial multiple births have put in-vitro fertilization, or IVF, in the headlines. In California, Nadya Suleman gave birth to octuplets last month after going through IVF. In Calgary, 60-year-old Ranjit Hayer travelled to India for IVF and last week gave birth to twins.

TORSTAR NEWS SERVICE

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Dating during hard times

Many flocking to the inexpensive option of online dating

The J Spot



Josey Vogels
Sex talk with Josey

We're all looking to get the best "bang for our buck" these days, but when it comes to online dating, the phrase takes on an even more literal (if slightly crass) meaning.

Single folks, it seems, are flocking to online dating sites and services. Match.com says business is up 40 per cent, plenty-offish.com has seen a 77 per cent increase in traffic, speeddate.com traffic is up 60 per cent, the list goes on.

The reasons for the spike make sense: Unemployed people have more time on their hands, online dating is relatively inexpensive (a \$30 membership to meet a bunch of duds, rather than wasting a \$100 dinner on one dud), during hard times we focus on what really matters in life and we seek the comfort of relationships to get us through the depressing and scary bits.

But, just because it's cheap, doesn't mean you're always getting the



During hard times we seek the comfort of relationships, which could explain the recent spike in online dating sites and services.

best value. Jill Ryan runs Romantic Recruiter, a service that helps people get the most out of their online dating experience. Yes, it'll cost you (go to romanticrecruiter.com for fees) but today Ryan is doling out some free advice:

J: How can you get the most value for your online dating buck?

RR: Going with whichever site jammed your inbox with the most junk mail can hurt more than help. Remember that everyone's dating experience is unique. Just because one site works for your friend or co-worker doesn't mean it will work for you.

Investigate sites before signing up and handing

over your credit card information. Check the site's refund and payment policy (some have auto-renewal and you won't know it until it happens unless you read carefully!) as well as online reviews for success and horror stories.

J: Do free sites work?

RR: Not likely. Free accounts on dating web sites usually allow you to see your matches but won't allow you to contact them without paying. Paid member can contact non-paying members but many free sites will automatically delete personal information like e-mail addresses or telephone numbers to prevent customers from making a "match"

Riding the Recession

outside the site.

J: Any other words of caution?

RR: No site can offer 100 per cent protection — it's ultimately up to you to keep yourself safe. But find out whether site has a "complaints" department, just in case.

Common sense goes a long way. Never send money to anyone who solicits through e-mails. Never exchange personal information you would not feel comfortable discussing with a colleague. That freedom comes much later in the communication process after you exchange personal e-mail addresses.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



New research suggests the season you were born in could have affected your height.

Summer babies: bigger

CELIA MILNE
for Metro Canada

RESEARCH How tall are you? When were you born?

Children who are born in late summer or early fall are often taller and have stronger bones than children born in the spring and winter.

The reason? It might be because summer and autumn babies are receiving higher amounts of vitamin D from the sun. In fact, this may occur while the fetus is still in the womb. The conclusion was reached by researchers in the U.K. after studying 7,000 kids.

The scientists — from

Bristol University — reported that by the age of 10, children born in the summer and autumn months were on average half a centimetre taller than those born in the spring and winter. And they had slightly thicker bones, which may protect them from developing osteoporosis later in life.

The researchers suggested that pregnant women who are due in the summer and autumn months should make sure they spend a little time out in the sun. Women whose babies are due between November and May should ask their doctors about taking vitamin D supplements.

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Book regular "dates" with good friends and treat them like important meetings not to be missed.



Close bonds are good for you

TINA PITTAWAY
for Metro Canada



There's no substitute for a good friend. And while crazy schedules can make it tough to get together, new research suggests

that finding the time to nurture these relationships can be important to your well-being.

"I'm a firm believer in the health benefits of friendship," says Dr. Art Hister, a family physician in Vancouver and the author of Dr. Art Hister's Guide to Living a Long & Healthy Life. "The more friendships you have, the happier you are, and that has all sorts of physical benefits." So reach out to a friend today: You'll both reap these five health rewards.

connecting with them regularly. According to researchers in the U.S. who looked at 503 women with symptoms of coronary artery disease, the women who had few personal contacts in their day-to-day life were twice as likely to die over the next two to four years as were those who had a more robust roster of friends. And the more the merrier: If you have a few friends in common, get them on board, too. You'll all feel better about staying in touch and it could make a huge difference to a friend in need.

1. Your stress level drops

Whether it's coffee at your kitchen table or a visit to an art gallery, carving out time for friends pays off. While we all know that loneliness can make us unhappy, research suggests it can be a killer as well. In 2006, researchers at the University of Chicago analyzed data from several studies that showed lonely people reacted more intensely to the curveballs life threw their way. For some people, that led to elevated levels of epinephrine, part of the body's "fight-or-flight" system. Consistent spikes in stress hormones can lead to high blood pressure, heart attack or stroke.

2. You may lose weight

Eating good-for-you foods when you get together with friends can be contagious, so lead the way. American researchers who analyzed the social ties of more than 12,000 people who participated in a major heart study found clusters of thin people and obese people, which suggests that friends have a strong influence on weight. That's something Diane Finegood, scientific director of the Institute of Nutrition, Metabolism and Diabetes in Burnaby, B.C., part of the Canadian Institutes of Health Research, has seen first-hand. "If I'm at a buffet, I'll take a dessert plate, which is smaller than a dinner plate, and use that 'for my meal,' she says. "People I'm eating with see that, and it's an opening for talking about choices, and it gets others on board."

3. You may live longer

Know someone who's battling a health problem or the blues? They may find it tough to reach out, so show them you care by

4. You'll stay active

We all know that exercise can help us feel great, but new research suggests that it may make you happier with your friendships as well. Researchers at the University of Alberta found that children who are good at sports also tend to be more satisfied with the number and types of friends they have. Lead researcher Janice Causgrove Dunn says this can also apply to adults. Even if you haven't been active in years, bolster your friendships by exercising together. "It doesn't have to be a skilled activity like volleyball or soccer," says Causgrove Dunn. "It can be as simple as a morning walk together. Getting out with a friend can keep you motivated, and it's more fun because you have someone to talk with."

5. Your love life may improve

Friendships give you the opportunity to hone your relationship skills in all sorts of ways, which can help pave the way for stronger intimate relationships. Studies have shown that individuals who lack these close relationships are more prone to depression and drug and alcohol abuse. Last year, researchers in California confirmed previous studies that highlighted the benefit of healthy friendships as a foundation for forming the skills needed to foster meaningful intimate relationships.



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Bateman Up In The Air

Arrested Development star Jason Bateman and Juno director Jason Reitman are teaming up for the new movie, *Up In The Air*. Bateman will play the boss of George Clooney's character, a corporate downsizer who becomes obsessed with collecting a million frequent flier miles. EMPIREONLINE.COM

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Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

**Pitt perfect**

U2 wants Brad Pitt to star in a movie about their lives. Guitarist The Edge thinks the Hollywood hunk would be the perfect person to portray him in a film about the Irish group. FEMALEFIRST.CO.UK

U2 not afraid to cross the line

The world's biggest band taps experimental past on adventurous new album

BRYAN BORZYKOWSKI
for Metro Canada



When Bono told Rolling Stone in January that U2's new album, *No Line On the Horizon*, "tapped into our interest in electronic music" you could almost hear millions of fans nervously grinding their teeth. After all, the last time the group jumped headfirst into electronica they produced *Zooropa* and *Pop*, two albums that many followers would like to forget.

While a lot of people hoped Bono was kidding, now that the album's out, they can hear firsthand that he wasn't. To put it simply, picture what *Pop* would sound like if it mated with *How to Dismantle an Atomic Bomb* — there are giant riff rockers on the single *Get on Your Boots*, and some very un-U2-like electro synth during the intro of *Magnificent*.

If the band's past is any indication, there's no doubt plenty of fans will be turned off by the

group's experimental tendencies. Although people flocked to the keyboard-heavy *Achtung Baby*, U2's supporters scratched their heads at *Zooropa* and pretty much abandoned the group when they released the middling *Pop*.

It took a return to their sweeping Joshua Tree-like melodies with *All That You Can't Leave Behind* in 2000 to bring back the masses, eventually allowing the four some to reclaim their "best band in the

U2's Adam Clayton, left, Bono, The Edge, Bono and Larry Mullen, Jr.

GETTY IMAGES



world" status.

Will things be different this time? Only time will tell, but let's hope for U2's sake that they aren't.

If anything, Bono, The Edge, Larry Mullen Jr. and Adam Clayton

should be embraced for pushing their musical boundaries. Sure,

it's not a complete makeover, Edge's trademark delay guitar is here, so is Bono's passionate, over-the-top crooning, but at least they're finally smart enough to realize that while a classic sounding album will sell 10 mil-

lion copies, that's worthless

if they can't keep themselves creatively inspired.

Imagine for a minute if U2's fans stayed on the bandwagon during the '90s. The group might not have produced *Elevation* or *Vertigo*; rather they'd be on the cutting edge of experimental music, possibly even mentioned in the same breath as Radiohead.

Yeah, that's likely a stretch, but if their admirers had allowed them to keep reinventing themselves they'd be a far more intriguing band. They wouldn't be as rich —

the masses generally like to keep their bands as non-threatening as possible (see Nickelback, Fall Out Boy) — instead they'd be producing music that would be as timeless as anything off Joshua Tree, an album that truly dripped with originality and passion.

So, U2 might have been set back a couple decades, but it's time to let the band do what they want. Let them write a nearly seven-and-a-half minute song (*Moment of Surrender*) or include haunting heart-beat-like drumming on *White as Snow* — the group will be that much better if they're free to experiment.

However, just because they're feeling adventurous here, doesn't mean we should let them off the hook if their tunes are terrible. Go nuts, throw in a theremin solo or some minimalist ambient tones on your next disc — the only thing U2 owes to their fans is that whatever they're going to do, they do it well.

Chinese government cancels Oasis concerts

MUSIC British rock band Oasis said yesterday it was "bewildered" by China's decision to cancel two concerts scheduled to take place on the mainland next month.

The group had expected to play in Beijing on April 3 and Shanghai on April 5.

"Representatives from the Chinese government have revoked the performance licenses already issued for the band and ordered their shows in both Beijing and Shanghai to be immediately cancelled," Oasis said in a statement.

"The Chinese authorities' action in cancelling these shows marks a reversal of their decision regarding the band which has left both Oasis and the promoters bewildered."

The statement added that according to the shows' promoters, the concerts were called off when Chinese authorities discovered band member Noel Gallagher



Oasis' concerts in China were cancelled after authorities discovered Noel Gallagher had appeared at a Free Tibet benefit.

had appeared at a Free Tibet benefit concert in the United States in 1997.

As a result the government "deemed that the band are ... unsuitable to perform to their fans in the Chinese Republic."

"Oasis are extremely disappointed that they are now being prevented from undertaking their planned tour of mainland China and hope that the powers that be within China will reconsider their decision."

REUTERS

Jackson hits the road for One Week

STEVE GOW
for Metro Canada



FEATURE Joshua Jackson has been pretty tired lately — but then that's what you get for having a somewhat manic job.

"I was on my knees Hoovering brains off a carpet two days ago," the Canadian-bred actor shockingly admitted during a recent stop in Toronto.

While that revelation might sound disturbingly morbid at first, consider the context. After all, Jackson's clean-up was taking place on the set of his new hit sci-fi TV show *Fringe* — one of the main reasons for his hectic schedule.

The other? Returning from Hollywood to his homeland to promote his latest movie, *One Week* — opening Friday — in which Jackson plays a young man who copes with a terminal disease by traversing the Great White North on a motorcycle.



Joshua Jackson plays a man who copes with a terminal disease by traversing the Great White North on a motorcycle in *One Week*.

"It's a celebration of the many Canadas," said Jackson, admitting the film's patriotic affection was part of the draw. "There's so much to do between here and Tofino and because it's a road movie, which is unusual, you actually get to see and experience much of the country instead of one specific region."

And that is just what Jackson and director Mike McGowan did — travel across Canada with just a tiny film crew. Although he is no stranger to the road, Jackson admits it was a grueling challenge.

"I used to do the road trip between Vancouver and Wilmington, N.C., where I used to (shoot Dawson's

Creek) every year, so I've done that a ton but I never went Vancouver to Toronto and south. To be honest, I always thought the Prairies would be kind of boring."

Instead, Jackson's "big revelation" was discovering the beauty of the flat, humbling expanse of land and the hidden treasures along its stretch of highways. One of the pure joys of watching *One Week* is encountering such bizarre Canadian roadside attractions as the Wawa Goose and the giant nickel in Sudbury. "The dinosaur (in Drumheller) was just so fabulously ridiculous," Jackson said of his favourite stop. "That you can pay five bucks to walk a staircase to get into the mouth of a giant Tyrannosaurus Rex in the middle of the Prairies is fantastic."

Coming to theatres

- *One Week* opens in theatres on Friday.



David and Victoria Beckham sent a letter of sympathy to Jade Goody after learning the ex-Big Brother star's cancer was terminal. They also sent replica shirts from AC Milan, David's current soccer team, for her young sons. FEMALEFIRST.CO.UK

Sympathy letter

Feasting on local fare

HalifaxScene

Jamie Paterson

metronews.ca/halifaxscene

Taste me! Taste me! That's what my mind was screaming last Thursday night at the Savour Food and Wine Show at the Halifax Marriott Harbourfront Hotel. Some of the best chefs in town were cooking their top recipes

while wine experts were teaching us which vino to pair with the dishes. The show was the wrap-up to a month-long celebration of Nova Scotia restaurants that included cooking classes and winery tours.

Halifax city councillor Sue Uteck was on hand to make sure the city was represented in fine style.

The Molson Give-R overtook the Alehouse Friday night for a good cause. This time, proceeds went to the QEII Foundation.

Thoughts of warm summer days on McNabs Island

flooded my thoughts Saturday night at an annual dinner and auction. The Friends of McNabs Island Society held their fundraiser at the historic Royal Artillery Park complete with music and entertainment. The group organizes the yearly clean up of McNabs and Lawlor Islands and the money raised goes toward keeping the islands safe for generations of adventurers to visit.

When he's not making The Scene, Jamie Paterson hosts The Drive and The Beatbrunch on KOOL FM in Halifax; halifaxletters@metronews.ca.



Left, event organizer Faye Power and husband Terry at the Friends of McNabs Island Society fundraiser. Right, Cathy McCarthy, the society's president, and auctioneer Judy Campbell.





Taj Mahal chef Sam Jaggi poses with Angela Butler, left, and Melissa Brenton at the Savour Food and Wine Festival.

Below, Kari Ellen Graham and Jennifer Uhlman at the Savour Food and Wine Festival.



Left, City Councillor Sue Uteck with Patrick Murphy at the Savour Food & Wine Festival. Right, Seasons chefs James Brownell and Patrick Fougere toast a successful evening at the festival.







Doubt

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Slumdog paves way for closer Hollywood-Bollywood connection

The largely Indian cast and crew of *Slumdog Millionaire* who gleefully stormed the stage at the Academy Awards signalled a closer nexus between the world's biggest movie industries, with experts hoping for a happy ending.

India, home to the world's most prolific movie industry, has long tried to draw wider audiences, including recent ventures with Hollywood studios looking to offset sluggish box office sales with new markets and cheaper production costs.

Now, the success of *Slumdog* and a global financial crisis, which has pulled the plug on much Wall Street funding for movies, are bringing Hollywood and Bollywood closer together.

Like India's IT industry, Bollywood may now aggressively tout cheaper facilities for animation films and post-production. *Slumdog* also showcased India's



People walk past film posters of *Slumdog Millionaire* and *Delhi-6*, a Bollywood film, at a movie theatre in Mumbai.

prowess in music and sound mixing, with Oscars for A.R. Rahman and Resul Pookutty.

"The Oscars have provided a huge platform to showcase Indian talent. It's a foot in the door," said Vijay Singh, chief executive of Fox Star Studios in India, which is looking to make Bollywood films with Indian studios and directors.

"We're going to see more Hollywood studios wanting

a link into India, tapping more resources here, and we're also going to see more Indian directors look to appeal to larger audiences."

Studios including Sony Pictures, Walt Disney, NBC Universal, Viacom and Warner Brothers have already put more than \$1.5 billion US in India for stakes in local TV channels and ventures with Bollywood studios

REUTERS

Knightley joins sci-fi thriller

The sci-fi's the limit for Keira Knightley. The erstwhile English rose is ditching the period garb and going futuristic, signing on to star in the cloning-themed thriller *Never Let Me Go*. [EONLINE.COM](#)



DVD picks

Australia

Director: **Baz Luhrmann**

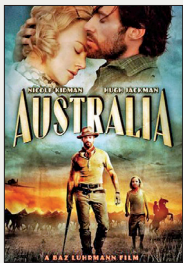
ACCUSING **BAZ** Luhrmann of audacity is a bit like telling a shark it has very sharp teeth.

It's the Aussie director's stock in trade, wherein movie genres, legendary characters and time itself are bent to the whims of his fevered visions.

Australia, which strikes real sparks between Nicole Kidman and Hugh Jackman, is both more and less of the same. At once sprawling and intimate, melodramatic and comic, magnificent and utterly bonkers, it bears entertaining witness to Luhrmann's love of old movies and his *Down Under* homeland.

With a bladder-testing running time of close to three hours, it's also the first of his films to look as though it almost escaped his grasp, falling prey to some of its own excesses.

Not many directors would have the brass to marry a cattle-driving western with a Second World War romance, with side trips to social



commentary about cultural engineering and the symbolic significance of The Wizard of Oz.

Not many would want to. Characters fly across the screen, barely giving us time to know them, while a text intro confusingly speaks of Pearl Harbor in 1941 before settling upon the pre-war of summer 1939. We must also negotiate the voiceover narration of young Aboriginal lad Nul-lah, played by newcomer Brandon Walters.

By the time the Japanese aircraft are strafing Darwin in all their CGI glory, recreating an actual event in history, you may feel as if you're under fire, too.

There's not much in the way of extras — a couple of deleted scenes, and a few featurettes on the Blu-ray.

TORSTAR NEWS SERVICE

Teen drama, for Real

Kids stretched to the max in new TV show

RAFAEL BRUSILOV
for Metro Canada



High-octane fun and fear-defying challenges are all in a day's work for the adventurous tweens on In Real Life, Canada's newest reality show.

Hosted by young Canadian comic Sabrina Jalees, the show puts kids from across Canada between the ages of 12 and 14 into the driver's seat of a whirlwind competition where each week they have to conquer an exciting "real life" challenge that tests their mettle. With challenges strategically set across all of North America, it's like an *Amazing Race* for bright, resourceful kids.

The first two episodes have contestants racing cars and wrestling with alligators while later episodes have kids jumping out of a helicopter into a river and doing barrel rolls in a Russian fighter

jet. It's all safe and carefully monitored by support staff of course, but still no small feat for a group of young teens who've hardly been away from home in their lives.

For 14-year-old Ruby-Rae Rogawski from Fort Langley, B.C., being on the show was a life-changing adventure.

"It was so amazing, just the things we got to do and the experiences we got to have. I had a blast," she said.

Rogawski says the ex-

perience of doing unique challenges and dealing with setbacks taught her a lot about herself.

"I think I've just learned to live with myself and realize that even though some things are going to go wrong it's all about picking yourself up afterwards," Rogawski said.

Jaicyea Smith, 14, from Toronto found the best part of the show was trying out different jobs, no matter how wacky or difficult.

"I learned so much. You get to experiment with different career op-



In Real Life host Sabrina Jalees.

Show time

- In Real Life premieres tomorrow at 7 p.m. ET/PT on YTV.

tions and it'll definitely guide me in what I decide to do," Smith said.

Kids weren't told who they'd be paired up with before the show began and some pairs clashed right out of the gate. Teamwork was a big factor and those teams which learned to work together found greater success, Jalees said.

Seeing the kids conquer challenge after challenge was inspiring for Jalees and demonstrated just how determined they were.

"They were doing challenges that were things kids have probably never done. I think a lot of the kids really grew up and became more confident," she said.

Silverman show under threat

TV The economic downturn is jeopardizing The Sarah Silverman Program, one of Comedy Central's signature series. The show's creators — Silverman, Dan Harmon and Rob Schrab — have threatened to quit after the cable network told them the budget for their series would be slashed by more than 20 per cent.

REUTERS

In brief

PILOTS Former TV leading ladies Alyssa Milano (*Charmed*) and Kim Raver (*Lipstick Jungle*) are back with lead roles in ABC pilots. Milano will play a successful lawyer and single mother in an untitled comedy. Raver will star in the drama *Inside the Box*, which is set at a news network's Washington bureau.

REUTERS

GlobalStyle

Kenya Hunt



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For complete online movie listings, trailers, reviews and tickets, visit:

[metronews.ca/movies](#)



critics'corner

Live at the Rehearsal Hall

A Great Big Sea concert is like a great big party. If you can't get to one anytime soon, though, catch the Newfoundland musical phenom in this episode from 2005. As always, the band wows the crowd with its energetic interpretations of traditional Canadian folk music mixed with original material. The members also chat with host Lance Chilton about their music and their relationship with actor Russell Crowe. 9 PM on BRAVO



Wild Roses

It wouldn't be a prime-time soap if someone didn't get killed once in a while. Distraught over a mysterious message from Dillon, Maggie (Kim Huffman) helps Kate (Michelle Harrison) search for the person wrongly accused of murdering him. Charlotte (Clare Stone) seeks relationship advice from the only person she trusts with such matters. Will (Steve Byers) comes upon some information that may benefit the Henrys in the new episode "Meat and Potatoes." 9 PM on CBC

Cashing In

It's "Las Vegas" on the rez. This new comedy-drama series follows the lives and loves of folks at a First Nations casino in southern Manitoba. New owners have ambitious plans for the facility — plans that aren't shared by the locals. Eric Schweig, Glen Gould, Wesley French and Sarah Podemski lead the cast. 9:30 PM on APTN

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/3/09	31	31	31	ABC	News (N)	ABC Wild News	Inside Edition	Chronicle	Homeland Security USA	Scrubs	Scrubs	The Bachelor
	7	7	7	ASN	The Road to Avonlea	Instant Star	TMZ (N)	Reaper (N)	Law & Order			Without Trace
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	Wild Roses (N) (DVS)	CBC News: The National	The Hour		The Hour
	2	2	2	CBC-F	Terre humaine	Pyramide (SC)	Virginie (SC)	La Factice	Providence (HDTV) (SC)	Roxy (SC)	Grosse vie	Le Téléjournal
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	NCIS "Capitol Offense"	The Mentalist (HDTV)		Without Trace
	69	69	69	CFTM	TVA 18 heures	Le Cercle (SC)	Les Gags	Star Académie:	La Fievre de la danse (SC)	La Promesse (HDTV) (SC)		TVA 22 heures
	6	6	6	CHIF	Entertainment	ET Canada	90210 (HDTV)	NCIS "Capitol Offense"	Project Runway Canada			News (N)
	9	9	9	CJCH	etalk	Hollywood	Law & Order: SVU	American Idol (HDTV) Semifinalists	perform. (Live)			News (N)
	10	10	10	ELTV	(6) EastLink Television			Podium TV	EastLink Television			
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	American Idol (HDTV) Semifinalists	perform. (Live)		Fox First
primetime	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	The Biggest Loser (N)			Law/Ord SVU
	29	29	29	NW	World News	Business	CBC News	Newman	The Hour	CBC News: The National		Soul
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Greater Boston	Greater Boston	Daniel Pink: Living on the Right Side		Great Performances		
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Andre Rieu: Radio City Music Hall:	Live in New York			Daniel Pink
	68	68	68	TQS	(6:30) Le Retour (SC)	Catherine (SC)	Piégé Zézé	Dirty Sexy Money (SC)	Men in Trees: leçons			110 pour cent
	23	96	96	BNN	Business News	Headline	Market Call	Commodities	Workopolis TV	Business News	Squeeze Play	Market Call
	18	18	18	CNN	Situation Room-Wolf Blitz	Lou Dobbs Tonight		Campbell Brown: No Bias	Larry King Live			Cooper 360
	54	54	54	GOLF	Golf Central	Top 10	Lessons	Inside PGA	The Approach	Top 10	Top 10	Top 10
	52	52	52	RSE	Sportsnet Con.	Telethon for Rogers House	NHL Hockey	Calgary Flames at Ottawa Senators. (HDTV) (Live)				Sportsnet Con.
	55	55	55	SCOR	Hockey Talk	Game On	Cabby Unlimit	Court Surfing	NBA news, scores and highlights.			Score Tonight
sports	45	45	45	SPD	Unique Whips		Pimp My Ride	Pass Time (N)	Low Life	Low Life	Super Bikes!	Hot Import
	53	53	53	TSN	Off the Record	SportsCentre	That's Hockey!	NHL Hockey	Pittsburgh Penguins at Tampa Bay Lightning. (HDTV) (Live)			SportsCentre
	43	43	43	FAM	Zoe 101	Life Derek	Wizards-Place	Han. Montana	The Suite Life	Latest Buzz	Wizards-Place	Life Derek
	44	44	44	TOON	Ben 10: Alien	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad
	26	26	26	TREE	Ni Hao, Kai-lan	Big & Small (N)	Backyardigans	Night Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast
	27	27	27	YTV	Drake & Josh	iCarly	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Prank Patrol
	16	16	16	A&E	Cold Case Files (HDTV)		CSI: Miami "Dead Air"		The First 48 (HDTV)		The First 48 (HDTV)	Manhunters
	70	70	70	APTN	News		Wings-Canada	Storytellers	Wapos Bay	Cashing In (N)	Fish Out	Mixed Blessing
	50	50	50	BET	106 & Park: BET's Top 10 Live				King's Ransom ★ (2005, Comedy) Anthony Anderson.			Baldwin Hills
	37	37	37	BRVO	Street Legal		Raising Valhalla		Live at the Rehearsal Hall		Scotty Moore & Friends: A Tribute to the King	
family	25	25	25	CMT	Cross Canada Countdown				Home Improve.	Home Improve.	Reba	Reba
	49	49	49	COM	Laughs	Comedy Now	Air Farce	Just for Laughs	Corner Gas		The Simpsons	South Park
	153	153	153	COURT	Killer Next Door		World's Wildest Police Videos		Cops Uncut	Dumb Criminal	Moment of Impact 3	Police Videos
	38	38	38	DISC	Destroyed	Destroyed	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Time Warp
	34	48	48	HGTV	Holmes on Homes		House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.
	46	46	46	HIST	Crime Stories		NCIS		Ultimate Engineering		Crime Stories	NCIS
	17	17	17	MM	disBand (N)	Technical Diff.	Degrassi: TNG	Instant Star	To Be Announced		Paris Hilton's British Friend	Degrassi: TNG
	19	19	19	MMM	MusicProfile	mmmtop10.com		Where You At	Popagenda		Gene Simmons	Gene Simmons
	201	201	201	M1	(6:30) August Rush (2007, Drama)			Past Lies (2008, Suspense) Nicole Eggert.			I Am Legend (2007, Science Fiction)	
	48	23	23	OLN	American Gladiators		Bounty Hunter	Bounty Hunter	Survivorman		Mantracker	Bounty Hunter
cable variety	51	51	51	PEACH	Seinfeld	Friends	House-Payne	House-Payne	The Ice Harvest ★★ (2005, Comedy-Drama)			Steve Harvey
	206	206	206	PIX	(6:10) The Ninth Gate ★★ (1999)			Gone Dark ★ (2003, Crime Drama)			Zooslender ★★ (2001, Comedy)	
	67	67	67	RDI	RDI en direct	RDI en direct	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)	RDI en direct
	39	39	39	SHOW	Wife Swap		The Outer Limits		Mutant X "Lit Fuse"		Testees	Trailer Park
	40	40	40	SLICE	X-Weighted		Til Debt-Part	Rich Poor	Trinny and Susannah Undress		Rich Bride, Poor Bride	End of Leash
	47	47	47	SPACE	Stargate SG-1		Stargate Atlantis (DVS)		Lost "Born to Run"		Star Trek: Voyager	Destin. Truth
	14	14	14	SPIKE	CSI: NY "Obsession"		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		Ultimate Knockouts 2	DEA (N)
	57	98	98	STAR	etalk	Hollywood	The Ellen DeGeneres Show (N)	TMZ (N)	etalk		Living the Life	Off the Leash
	21	21	21	TLC	What Not to Wear "Rita"		Kids by the Dozen		17 Kids-Count	17 Kids-Count	18 Kids-Count	17 Kids-Count
	56	34	34	TROP	What Happen?	What Happen?	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond
cable variety	20	20	20	TV5	Que.-champion	Journal de Fr2	Change	Caméra café	Les Bébé animaux		Nicolas le Floch	Facteur
	28	28	28	V	Doc "Fearless"		Murder, She Wrote		Chambers	On the Buses	Quantum Leap	I Prophecy
	60	97	97	VIVA	Mysterious Ways		Judging Amy		Commander In Chief		The West Wing	Encounters
	22	22	22	W	Style by Jury	Style by Jury	Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	Reaper (N)		90210 (HDTV)	WGN News



Chris Brown's friend Mekhi Phifer says no matter what happens between Brown and Rihanna, he told E! online he wishes "them both the best." He also added he thinks Brown's age, 19, was a big factor in what went down between the two singers. **METRO NEWS SERVICES**

Celebrity Buzz

Lindsay's death wish?

PEOPLE The people closest to Lindsay Lohan are apparently worried sick over recent alleged confessions by the starlet that she doesn't expect to live past her 30th birthday.

"She's said many times that she never wants to live too far past

30 because she doesn't want to get old and ugly," a Lohan friend tells *Star* magazine.

"She's always wanted to die young like her idol, Marilyn Monroe."

And what's worse, "Lindsay just doesn't seem to be bothered by the fact that she'll die," another friend tells the magazine.

METRO NEWS SERVICES



Madonna's payback?

PEOPLE Madonna was once again turning heads over the weekend by parading 22-year-old Brazilian male model Jesus Luz around New York.

The pair was spotted hitting the Kabbalah Centre and having a romantic dinner together. Why all the high-profile outings?

"She loves showing her ex that she can still get the youngest,

hottest thing out there," a Madonna pal tells *Us Weekly*. Whether she's trying to prove something to

Guy Ritchie or Alex Rodriguez is anyone's guess, though.

METRO NEWS SERVICES



Amy's back in the U.K.

PEOPLE Amy Winehouse is back in the U.K. — with an old hairstyle and a new life, *people.com* reports.

The singer, 25, arrived early Sunday, sporting her trademark beehive, which replaced the curly mop she had worn during her near three-month extended vacation on the Caribbean island of St Lucia.

And while the hair was back, she has a fresh start ahead of her. Soon after her plane landed at London's Gatwick Airport, Winehouse received a tour of her new home on the northern outskirts of Lon-

don by her father Mitch, and they spent much of the afternoon watching their soccer team Tottenham Hotspur lose to Manchester United, the website reports.

"As she said when she got back, 'I love London more than anyone else,'" a source close to Winehouse tells *People*. "She missed London. She's fine."

But there is also the issue of her marriage

to sort out, as estranged husband Blake Fielder-Civil moved toward divorce in January.

To the delight of his family, Fielder-Civil was freed from jail late last week after serving his sentence on charges of assault and attempting to pervert the course of justice.

A source tells

People that the couple has not seen each other since the singer's return. Winehouse has said she's determined not to let Fielder-Civil divorce her, but a source close to him vows to *People* that it will go forward. Her rep, Chris Goodman, has heard nothing official on the possible marriage breakup.

As for a report in the Sun tabloid that Winehouse got into a fight with a fellow passenger on her flight home, a source close to her dismisses it saying, "There was some banter, that's all."

METRO NEWS SERVICES



Uncle Benji talks Madden family life

FAMILY They are twins who "share everything," but Benji and Joel Madden have very different lives right now — and Benji couldn't be happier, *people.com* reports.

Two weeks after Joel and Nicole Richie announced

that they're expecting baby No. 2, the "single" twin tells *People* he's ready to be an uncle again.

Besides, he's had a while to get used to the idea — he knew about the pregnancy long before it was announced publicly.

"We're twin brothers so we share everything."

Benji, who calls the pregnancy "exciting,"

hopes his brother has a big family. "They're the best parents I've ever seen," he says.

METRO NEWS SERVICES



'Enough is enough': Katie on the rumours

PEOPLE Katie Holmes is finally opening up about how some of the rumours about her life with husband Tom Cruise and their daughter, Suri, affected her.

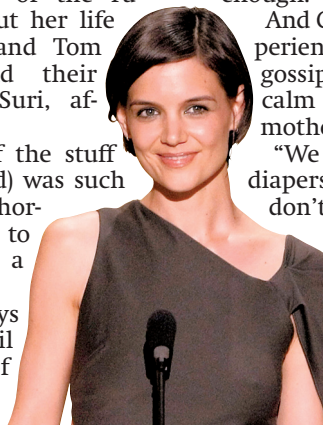
"Some of the stuff (people said) was such absolutely horrible things to say about a child," Holmes says in the April issue of *Glamour*.

"It was so uncalled for and so disgusting. Enough is enough."

And Cruise, more experienced at handling gossip, did his best to calm the young mother down.

"We were changing diapers. He said, 'I don't want you to get upset,'" Holmes says. "And I said, 'Well, I am upset.'"

METRO NEWS SERVICES



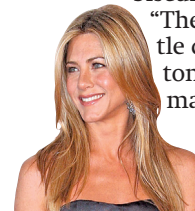
Marley promo gone to the dogs

PEOPLE It's amazing the lengths some stars will go to promote a movie.

Jennifer Aniston and Owen Wilson appeared on German TV talk show *Wetten Das* to plug their hit dog movie *Marley & Me*. The show's host had some interesting canine-themed activities planned for the stars, including eating dog biscuits.

"They're a little dry," Aniston said, grimacing.

METRO NEWS SERVICES



Beyoncé's messy habits

PEOPLE Beyoncé Knowles has revealed that she is constantly annoying her rapper husband Jay-Z, because of her mess she leaves lying around in their Manhattan apartment, *femalefirst.co.uk* reports.

"Whenever I'm out in public, I have to be put together ... When I get home, I rebel against it and I don't want to take care of anything," she tells the April issue of *Ebony* magazine. "I

drop it. I'm relaxed. I don't have any shoes on. No make-up. My purse is in the kitchen.

"I think that is most difficult thing for him. He's very, very organized. I'm extremely organized when I'm working, and I work so much that when I get home I don't want to think about anything."

METRO NEWS SERVICES



Rihanna rumour mill chugs on

SCANDAL While Rihanna and Chris Brown's reported relationship rehab in Miami seems to have done well enough for the couple to leave together via private jet, some stories from the trip are false.

Khloe Kardashian was reportedly partying with Brown, but she denies that on her blog: "The funny part about this alleged 'news' is that I've never even met Chris Brown."

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Crossword across

1 Harvest

5 Crafty

8 One of Henry VIII's Catherine

12 Shrek is one

13 Go like the wind

14 Hodgepodge

15 French fries, e.g.

17 Turnpike pay-ment

18 Curvy letter

19 Sceptre

20 Relieve

21 Trench

22 Sticky stuff

23 Take ten

26 Baby food

30 Blueprint

31 The whole shooting match

32 Nevada city

33 Whodunit

35 Make pigtails

36 Sphere

37 Luau staple

38 O'Neill's spe-cialty

41 Columnist

Smith

42 Energy

45 Hindu royal

46 Grand view

48 Teensy bit

49 Superlative ending

50 Rainbow

51 Kelly or Rayburn

52 Personal question?

53 Prohibits

Crossword down

1 "Clue" weapon

2 Ids'

counterparts

3 The "A" in "A&E"

4 Pod occupant

5 "Phooey!"

6 Told a big one

7 "Of course"

8 A little of everything, on "Jeopardy!"

9 Burn soother

10 Streamlet

11 Somersault

16 Silly Rabbit's desired cereal

20 Weep loudly

21 Marceau forte

22 Cowboy's sweetie

23 Spinning meas.

24 Tarzan

portrayer Ron

25 Part of UNLV

26 Thickness

27 Meadow

28 Half of bi-

29 Chic, to

Austin Powers

31 Wall St.

wheeler-dealer

34 Mound stat

35 Long-popular clown

37 Mottled pony

38 Party pooper

39 Assess

40 In due time

41 Whip

42 Brazilian rub-ber

43 Eastern potentate

44 Just say no

46 Church seat

47 Eve, originally

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

OFF

POLO

EWER

CLEAN

GARGLED

AGEE

BRACE

SAMOAN

AMEN

SHORT

SWAY

ABC

BAH

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GLEN

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GUM

HEBE

DEFUSED

UTAH

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BULB

OREO

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SYRUP

HEBE

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Find today's answers + play more games at [metronews.ca](#)

SUDOKU SOLVE TIME:

Under 13 min

13-17 min

.....Genius

.....Scholar

17-21 min

21-25 min

25+ min

.....Smart

.....Not bad

.....Keep practising

Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

A social butterfly will try to give you hope. Mercy is shown when you're passionate about justice. A friend has regrets about a tricky situation.

LIBRA

SEPT 23-OCT 23

A well-built person runs away from a losing battle. A woman is stamping out baseless rumours. Financial dealings with friends will need revision.

TAURUS

APRIL 21-MAY 21

A woman is crying out for a goofy relationship. A mushy person benefits from poignant memories. Emotions are floating to the surface.

SCORPIO

OCT 24-NOV 22

Resist the temptation to feel sorry for a loser. A man makes light of a grim problem. Repairs should be made as soon as possible.

GEMINI

MAY 22-JUNE 21

A loyal man calls off an outdoor adventure. A strange denial is revealed by a tempestuous woman. Be attentive at the bargaining table.

SAGITTARIUS

NOV 23-DEC 21

Someone vexes a buddy. You should develop a new socializing scheme. A funny prank could backfire in unimaginable ways.

CANCER

JUNE 22-JULY 22

Agitation is produced by a temperamental freak. Helping a friend takes up time. You'll have a lot to think about all week.

CAPRICORN

DEC 22-JAN 20

Give a wake-up call to those who take advantage. A high achiever looks right through you. Beware the idle chatter of unwelcome visitors.

LEO

JULY 23-AUG 23

Ill health will cause concern. Helpful people will advance your cause. A self-indulgent person is caught in the act of being a fake.

AQUARIUS

JAN 21-FEB 18

Somebody surprises you by making your life simpler. You won't be fooled by a charlatan. Romantic feelings continue to be distracting.

VIRGO

AUG 24-SEPT 22

A desperate person has a tantrum. Deep thoughts will start a family quarrel. A resentful troublemaker avoids commitments.

PISCES

FEB 19-MARCH 20

Unusual circumstances cause rifts in friendships. Remain alert and ready for action. Someone expects to be told what to do.

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WORDY GURDY

BY TRICKY RICKY KANE

1. Everyone writes fast and illegibly (1)

2. Outscore Miami's NBA team (1)

3. Dirt-free headmaster (1)

4. Mallard-filled Mack vehicle (1)

5. Lessening the amount of "Ah-choo!"-ing (2)

6. In-shape-ness observer (2)

7. 4, 5, or 6 golf club on a football field (3)

ANSWERS

1. ALL SCRAWL 2. BEAT HEAT 3. CLEAN DEAN 4. DUCK TRUCK 5. EASING SNEEZING 6. FITNESS WITNESS 7. GRIDIRON MIDIRON

2-3-09

This day in history

MARCH 3, 1939: In Mumbai, Mohandas Gandhi begins to fast in protest of the autocratic rule in India.

MARCH 3, 2004: Belgian brewer Interbrew and Brazilian rival Am-Bev agreed to merge in a \$11.2 billion deal that formed InBev, the world's largest brewer.

MARCH 3, 2005: James Roszko murders four Royal Canadian Mounted Police constables during a drug bust at his property in Rochfort Bridge, Alberta, then commits suicide. It is the deadliest peace-time incident for the RCMP since 1885.

MARCH 3, 2005: Steve Fossett becomes the first person to fly an airplane around the world solo without any stops without refuelling.

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WE HAVE THE ANSWER: 2008 MINIVANS!

- GROWING FAMILY
- SMALL BUSINESS
- SPORTS
- TRAVEL

5 LEFT



\$103 WEEKLY**

2008 Grand Caravan Town & Country

Alloy Wheels, Fog Lights, Leather Wrapped Steering Wheel, Adjustable Pedals, Steering Wheel Audio Controls, Pwr Window Group, Pwr Doors, P Seat, Pw, Pdl, Three Zone Climate Control, Lift Gate, A/C, Cruise, Tilt, 3.8 V6, Stow 'N' Go, Low Kms

~~\$25,995~~
\$22,700*
Was \$39,495 New!

ONLY 1 LEFT



\$95 WEEKLY**

2008 Grand Caravan SXT

Factory DVD, Alloy Wheels, Fog Lights, DVD Backup Camera, Leather Wrapped Steering Wheel, Adjustable Pedals, Steering Wheel Audio Controls, Pwr Window Group, P Seat, Pw, Pdl, Three Zone Climate Control, A/C, Cruise, Tilt, Stow 'N' Go, Low Kms

~~\$24,995~~
\$21,777*
Was \$36,020 New!

8 LEFT



\$95 WEEKLY**

2008 Grand Caravan DVD Edition

Factory DVD, Pwr Window Group, P Seat, Pw, Pdl, Three Zone Climate Control, A/C, Cruise, Tilt, Backup Camera, Stow 'N' Go, Low Kms

~~\$22,995~~
\$19,377*
Was \$33,620 New!

5 LEFT



\$78 WEEKLY**

2008 Grand Caravan SE

Pwr Window Group, P Seat, Pw, Pdl, Three Zone Climate Control, A/C, Cruise, Tilt, Stow 'N' Go, Low Kms

~~\$19,995~~
\$17,777*
Was \$30,495 New!

1 LEFT



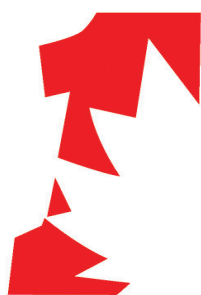
\$69 WEEKLY**

2008 Grand Caravan SE

Pwr Window Group, Pw, Pdl, A/C, Cruise, Tilt, Stow 'N' Go, 7 Passenger, Tinted Windows

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\$15,777*
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